

## Groundrules

SHIP has developed person-centered ground rules which underpin all of its activities, not just in groups and courses but in communal spaces. This creates a supportive climate of openness, self-responsibility and team work, which is conducive not only to the objectives of SHIP but also to individual recovery and well-being.

The responsibility for adhering to these rules belongs to all individual members of the group/project and enforcement of these rules is through supportive reminding and encouragement rather than criticism and punishment.

- I accept that I am responsible for how I feel and how I behave
- I agree to say sorry and make amends
- I agree that it's OK to make mistakes
- I agree that it's OK to leave and come back
- I agree to share personal experiences rather than give unsolicited advice
- I agree to speak from my own experience using 'I' statements
- I agree that any personal information that is shared stays in the room
- I agree to respect other's experiences, differences and life choices
- I agree that it's OK to ask for help
- I accept full responsibility for getting my own support needs met

SHIP is a project of Leeds Mind, supported by Leeds Primary Care Trust and Adult Social Care.

Leeds Mind supports people with mental health problems in a variety of ways. We value the experience and expertise of the people who use our services and we work creatively together on their journey of recovery.

We believe everybody has mental health needs and everyone can recover from mental health problems.

Leeds Mind is affiliated to Mind (The National Association for Mental Health) [www.mind.org.uk](http://www.mind.org.uk)

For more information about Leeds Mind contact:

**Leeds Mind  
Grove Villa  
82 Cardigan Road  
Leeds LS6 3BJ**

**t: 0113 230 7608**

**f: 0113 230 7621**

**e: [leeds.mind@leedsmind.org.uk](mailto:leeds.mind@leedsmind.org.uk)**

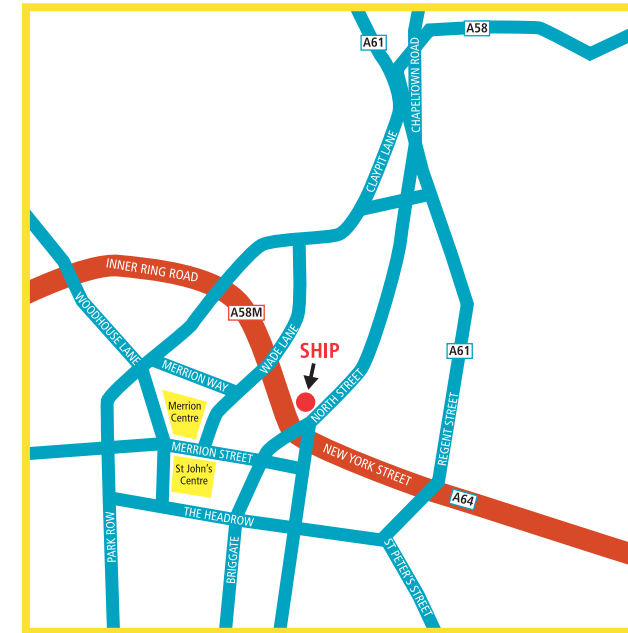
**w: [www.leedsmind.org.uk](http://www.leedsmind.org.uk)**

Company registered in England & Wales 2193270.  
Registered Charity No.1007625.

[www.mentalhealthleeds.info](http://www.mentalhealthleeds.info)  
LEEDS MENTAL HEALTH DIRECTORY ... on-line

For more information please contact  
**Self Help Initiatives Project**  
**Centenary House, 59 North Street**  
**Leeds LS2 8AY**  
**t: 0113 245 9221**  
**e: [ship@leedsmind.org.uk](mailto:ship@leedsmind.org.uk)**  
**w: [www.leedsmind.org.uk](http://www.leedsmind.org.uk)**

## Getting there



### Buses

2, 3, 3A, 12, 13, 13A, 45, 46, 47 and 71  
The bus stop is just past Centenary House, near Lovell Park.

### Car

Car Park at the front of the building

### Access

Please contact the project for details of accessible groups and courses.

# Self Help Initiatives Project

**Emotional well-being and personal development group work project**

**a Leeds Mind project**



**For better mental health**

## Who we are

The Leeds Mind Self Help Initiatives Project is a self-help project providing support and personal development opportunities for anyone in the Leeds area who is experiencing self defined emotional or mental distress.

We believe that individuals are the experts in their own distress and we encourage people to draw on their own strengths and solutions in order to take control of their lives and increase their confidence and self-esteem in a safe, supportive environment.

Facilitation of the groups is by people who have experienced emotional or mental distress and believe in the power of self-help to facilitate growth and the ability to cope with stress and change.

## What is Self-Help?

Self-help involves taking personal responsibility for our lives, feelings and mental health recovery. SHIP can offer emotional support, it is not about being left simply to do it alone but, with mutual support, through groups we can facilitate a process which will allow individuals to move forward at their own pace.

At SHIP we explain the various choices of support available. SHIP does not make the choice for you, we allow you to make your own decisions. We view this as an essential part of allowing people to take back control in their lives, particularly if they feel, or have felt, powerless.

Sometimes we may feel pressured and automatically follow our perception of what others are wishing us to do, rather than choosing for ourselves. Our experience at SHIP is that doing this can contribute significantly to emotional distress. A person has to be ready themselves to take that first 'big' step and ask for help. Being ready and able to ask for help is what the Self Help Initiatives Project revolves around.

## Self Referral

SHIP has a strict self-referral policy. We have found self-referral is an essential part of taking back control and empowerment. We do not and will not accept referrals from anyone other than the person wanting to access our services. Therefore we request that relatives, friends, support workers and other professional do NOT contact us on a person's behalf. However, they can ring for information and pass this on. If a person is unable to telephone or contact us directly, then we would consider they may not be ready to access our groups.

## What we do

We are a group work project offering self-help support groups and courses. We work in a person centred way by sharing experiences in an accepting, non-judgemental and non advice giving setting. Please note and do not work with people on an individual basis.

- **Confidence Building Courses – ten, two hour modules**
- **Self-Help Support Groups – meet weekly for two hours**
- **One Day Workshops – 10am–4pm**
- **Facilitator Training – four, one day modules**
- **Understanding SHIP (for workers, students, volunteers etc) – 10am–4pm**

## How to join SHIP

**For further information call**

**0113 245 9221**

Once you have decided which group or course you wish to join, an initial appointment will be arranged for you to meet the facilitator of the group or course.

There is a booking form enclosed with the leaflet about workshops.

SHIP only has a small team of paid workers so an answering machine operates when no one is available to take calls. Please leave a message or try again later.

**SHIP**

*“For the first time it felt like I was taking control of my life and making my own decisions to survive and ask for help.”*

*“I felt the NHS had promised solutions but failed to deliver. I was lost and didn't know where to turn. SHIP and my choice to attend meant I was in control and could dictate progress and expectations.”*

*“The confidence building course helped me to accept myself as I am and to try and change what I can without beating myself up if I fail.”*